



Spring a time to shape up
As people shed their clothes, they also want to shed a few of those winter pounds.

News 4

SPOKE

A learning newsroom for journalism students

Close to home

Whether tubing, hiking or biking, there's lots to see and do.

News 4

Baseball fever

Spoke columnists disagree on whether this is the Blue Jays' year.

Sports 7

Monday, April 24, 2006

Conestoga College, Kitchener, Ont.

www.conestogac.on.ca/spoke

38th Year — No. 12

The sexes use technology differently

By TIFFANY MCCORMICK

With technology becoming an increasingly important skill to have in the workforce, students seem to be one step ahead of the game when it comes to their knowledge and usage of technological advances.

However, a February survey of Grade 11 to second-year university and college students ages 17 to 20 found that males and females use the technology differently.

The survey of 1,000 students was conducted by Microsoft Canada. It found 99 per cent of students use technology for homework purposes, 96 per cent partake in instant messaging, e-mail and chatting and 87 per cent listen to music.

Forty-three per cent of students admitted to downloading music illegally, 43 per cent agreed that technology has improved their awareness of world events and almost 13 per cent said they have downloaded pornography, with 22 per cent of those students admitting they do it often.

However, male students favour technology for entertainment purposes like playing games, at 61 per cent, and watching DVDs at 30 per cent, as well as programming and creating web sites.

Female students are more likely to use computers for job searching and blogging (public diaries).

Of all students surveyed, it appears that some have taken technology to a completely new social level, as 19 per cent admitted to breaking up with their boyfriend or girlfriend online.

Both male and female students were equally comfortable using technology, but 10 per cent more males claimed to be proficient at using computers and also showed more eagerness to test technology toys, with 61 per cent saying they were better at learning new software, with females only at 53 per cent in those categories.

In the survey, students also pointed out that there is a need for better technology in academic institutions.

Students said schools could improve the technology simply by having more computers. Getting better software and wireless access was more important to male students than females.

Daniel Shapiro, academic program manager of Microsoft Canada, said he is excited about the results of the survey. "Students have embraced technology," he said, "that is phenomenal."

Shapiro said this type of survey was conducted because workers "care about the future of the IT industry," and that industry is dependent on students.

He said technology impacts students in all aspects of their lives, for instance, careers, and he wants to know "what students care about when it comes to technology."

Shapiro said that in any job, whether it be medicine or construction, technology is used and, with students' understanding of how to use it, they will be "set for the workforce in the future," will be more productive and have more opportunities to "succeed at the challenges they undertake."



(Photo by Lee Rogister)

Pulling their punches

Mandy Bujold, a Conestoga College general business student, and her sparring partner work out at the Waterloo Regional Boxing Club in Kitchener. Bujold, 18, won the junior Canadian title in Quebec in January. For story and more photos, see Page 6.

Students' project a winner

Two Conestoga students have each received \$1,500 from Natural Resources Canada (NRCan) as winners of the annual Energy Ambassadors student competition.

Jon Douglas, of St. Pauls Station, Ont., and Amanda Ford, of Cambridge, are both students in the architecture - project and facility management degree program at the college.

The contest is open to Canadian post-secondary students who have devised projects that develop practical solutions that apply innovative technology in the interest of reducing energy consumption.

Douglas and Ford, who are in the second year of their four-year baccalaureate program, are among a

select group of 39 winning students (involving 20 winning projects) from across Canada.

They received their prizes from Gary Lunn, Minister of Natural Resources, at Globe 2006, the biennial trade fair and conference on business and the environment held at the end of March in Vancouver.

The Energy Ambassadors program, delivered by NRCan's Office of Energy Efficiency, draws attention to the role of energy efficiency in reducing consumption and conserving energy resources.

The competition entails completion of a recent academic project on energy efficiency. Entrants who have been selected as qualifying

for the national event must create and complete a poster that describes and promotes their project, then make a full presentation on the project at the Globe conference.

The Douglas-Ford project, conducted under the leadership of professor Andrew Chatham, is entitled Building Green. It looks to energy efficiency and environmental sustainability as guiding principles for architectural design. The students developed plans for a business facility incorporating the latest in integrated energy efficiency/environmental solutions.

— Information from Conestoga College's Public Affairs department

Five Conestoga College students win co-op awards

Five Conestoga College students received awards for their efforts and achievements during the co-op employment portions of their 2004-2005 academic year.

Four of these students received awards from Conestoga, while the fifth received two awards — one from a provincial co-op organization and the second from a national organization.

Jaksa Panic, of Waterloo, is now in the third and final year of the business administration - marketing co-op program at Conestoga. During 2004-2005, he did his co-op term in Kitchener with Fastenal Canada, a manufacturer and distributor of industrial fasteners and tools.

He is the winner of the college-

sector CAFCE Co-op Student of the Year Award, with the accompanying \$500 Emery-Dufault Award, plus the \$500 Co-op Student of the Year Award presented in Ontario by the organization Education at Work Ontario.

Since 1994, the Canadian Association for Co-operative Education (CAFCE) has chosen a student each year to receive the CAFCE Co-op Student of the Year Award. This award recognizes a wide variety of achievements — job performance, academic performance and responsibility, and particular contributions to their employer, to co-operative education and the community at large. The award is now presented to a

college and a university co-operative education student. The two winning students receive a plaque and a cash award.

The cash component is the Emery-Dufault Award established by CAFCE in 2003 in recognition of the contributions of two of the founding fathers of co-operative education in Canada, Les Emery and George Dufault.

The university-sector winner is Jit Seng Chen, a third-year bachelor of mathematics, honours actuarial science co-operative education student at the University of Waterloo. Jit Seng completed his work term at KPMG LLP Canada.

In addition, Conestoga has selected four students for its own Co-op

Student of the Year Awards, in recognition of their hard work and dedication during the 2004-2005 academic year.

Each of these awards is \$250 and sponsored through contributions by Conestoga co-op employers such as Maple Leaf Consumer Foods, Dynamic Store Fixtures and the Ontario Realty Corporation.

The Conestoga winners are as follows:

Stephanie Kirkey of Waterloo is in the postgraduate human resources management program. Her co-op experience was with Maple Leaf Consumer Foods in Kitchener.

Alecia Lantz of Neustadt is also in the human resources manage-

ment program. She did her co-op term in Wingham, at Westcast Industries, a manufacturer of manifolds and other powertrain components for automobiles and trucks.

Michael Schmied of Cambridge is in the baccalaureate architecture - project and facility management program. His co-op employment was with North American Construction, construction contractors and project managers, in Morriston.

Peter Vander Klippe is also from Cambridge and also in architecture - project and facility management. His co-op experience was in Guelph, with Ontario Realty Corp.

— Information from Conestoga College's Public Affairs department

Now deep thoughts ...with Conestoga College

Random questions answered by random students

What is the worst summertime fashion faux pas you have seen?



"A girl wearing light green pants with a bright blue halter top."

Shona Passley,
first-year LASA

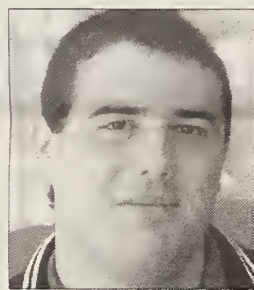
"People that wear clothes that don't cover or fit them."

Ashley Stevens,
first-year
office administration



"Girls that wear low-rise jeans with giant thongs."

Ian Vilniskaitis,
third-year marketing



"Capri pants since you can't tell whether girls are wearing short pants or long shorts."

Peggy Graham,
third-year
mechanical engineering
design and analysis



"Socks with sandals."

Tara Davidson,
first-year recreation
and leisure



"Cut-off shorts with the pockets hanging out the bottom."

Josh Ironmonger,
first-year pre-service fire



Smile Conestoga, you could be our next respondent!

Psychic ability

There are the good, the bad and the frauds

By BRANDON WALKER

As I approached Roz's house on Waterloo Street in Waterloo, I wasn't sure what to expect. It was a six o'clock appointment and by that point it was already getting dark. All the windows in the house were covered up by shutters or blinds, which creeped me out a little bit, although I wasn't sure why.

Maybe it was because I'd never been to a psychic before, so I really wasn't sure what to expect. After I rang the doorbell, Roz quickly answered it. She was shorter than I expected. At least she wasn't decked out in cliché spiritual garb: bead necklace, bandana on her head or even a turban. She dressed like anyone else would. She wore a grey shirt and blue jeans.

She introduced herself while carefully shaking my hand. She seemed very friendly and I was instantly put at ease.

Next, she led me to a small room on the main floor of her house. Again, all of the windows were covered and there were paintings on the wall. One of them had a woman looking surprised as a genie came out of a bottle. She confirmed my assumption that she'd painted the artwork on the walls.

She described her work as being of the Harry Potter variety and said there was a bigger market for such things in the U.S.

She started off by clearing up some misconceptions about being a psychic.

"There is no such thing as a perfect psychic," she said. "You could move to Mexico tomorrow and throw my reading right off. What we're looking at is statistics-wise, if you keep going the way you're going and don't do anything too radical according to your personality limitations, then this is what'll most likely happen."

"Sometimes people wonder if things are predetermined or not but there are only so many paths you can take. You do have free will and we, as psychics, are trying to pick a time frame in which the odds are so good that it's like we've picked the heaviest branch on the tree."

She said to determine what's most probable in a client's future she goes into a state similar to meditation. "To me, it's like going on the Web and not punching anything in. Until you put what you're looking for in there, it's null and void. There's everything but there's nothing."

"The Web is there, but you're not going anywhere, see what I mean? But you have to make sure there's no emotional content and there's no agenda because as soon as you have a bias about it, forget it."

"It's taken years for me to just be able to do even a little bit of a reading for me and my husband because if you're emotional about it or it's important to you you're not going to be neutral enough to do it."

When trying to receive answers, Roz simply makes a statement. "You can't just ask a question though, like, 'Is now a good time to go to the mall?' It's more like making a statement and seeing how it

feels (she rubs her stomach). Instead you would say to yourself, 'I'm going to the mall' and you see how it feels. A good way to feel the difference is to think of someone who loves you and think, 'So and so loves me' and see how that feels. And then using the same person think, 'So and so hates me' and see how that feels."

The biggest problem Roz had when she first started as a psychic was the issue of responsibility. "I'm giving this person advice as the best possible alternative and what if it doesn't work out for him or her?"

"And one day the guardian angels (who some people believe watch over everyone) said to me, although it's thought it's not actually verbal, they said everyone has free will and you're just like a friend saying this is what we advise and it's really up to them to make the choice. So, when I let go of the 'Gee, I'm responsible if their life becomes a nightmare' feeling, I found that I could be more neutral and not have fear about it and I could let the flow come more easily."

"But when you're first starting out and you're charging money you start to think, 'What if they don't think I'm worth that much money?' As soon as you put yourself under stress it's much more difficult to be accurate. But when you let go of all that your accuracy goes way up."

Some people believe the information is coming from Satan or a Celtic god, she said. "To me, I tend to lean more toward the Shamanic system of belief so I believe God is in all things. Like the Web, I'm just connecting, and everyone and everything is connected, so I feel it's very easy to taste who you are, and what that tree is feeling and so on."

When the reading ends she remembers everything but only briefly. "It's not like I forget everything, but I don't retain it very long because I see so many people so ask me in a month from now and there's no way I'll remember any of it."

The best way to find a good psychic is if a friend recommends someone. "But the problem with that is, for instance, you might like Italian food and your friend might like something else. So, just because one psychic connects with you really well doesn't mean the next psychic will."

"They may be very accurate with 90 per cent of the people but just not you. It's like a psychologist; they're not going to connect with every single person really well. Some people are on the same wavelength and some have different communication styles. But a recommendation is still your best bet."

Roz lets her clients choose three out of five options for readings. Clients can choose from a tarot card reading, photometry (where she gives a reading using a picture), psychometry (where she picks up vibrations from a personal item), a tea leaf reading and an energy cleaning.

I decided to get a reading using tarot cards, photometry and psy-

chometry. Roz spent the next 45 minutes using one of my rings and my licence photo along with the tarot cards to tell me things about myself that no one, besides me, knows.

She told me I give people too much credit for intelligence. I do. I'm too hard on myself, I am, and I'm not too optimistic or pessimistic about life. I'm not. And that was just from the tarot cards.

Using my ring and photo she dove into the "Web" to determine that in all probability I'll meet the person I'm going to marry in three years and marry them in four. "You work fast," Roz said. "When you know, you know." I generally do move pretty fast when I like someone.

Apparently I'll eventually have three kids who will each want their own pet. "And you're only allowed to get more pets if you get that hobby farm that you both want, otherwise, you have to be firm because you could have a menagerie."

She also said I'm very stubborn but none of my friends know because I hide it really well. "It's just that no one really pushes you to the point where they get your stubbornness going," (which is also true).

The weirdest part was when she told me after my grandmother dies she'd be looking in on me. "But she wouldn't invade your privacy."

She ended the reading by asking the spirits if they had any heck or advice they wanted to give me. They told her to give me my ring back. "I like it, it's neat and different," Roz said about my crown shaped ring before handing it over.

A few days later, while hanging out at Club Abstract on King Street in downtown Kitchener, I asked a friend of mine, who's been to a few different psychics, his opinion on the subject.

"I believe there is a possibility that there are real psychics but there are so many frauds out there people will have a hard time finding a real one," Kris Moffatt said.

He said all of his readings had one consistency. "They all say I'll die at 65. They don't give reasons though. Not violently or accidentally. Maybe they're conspiring against me. I've heard I'll have no children, which has been proven untrue (he has two children), and he's also been told he'll have five children, but if I get my vasectomy that'll also be untrue."

"A real psychic is just a person with an ability. They don't have the bells and whistles and shows. If they tell you a few things and then say this is all I have, then you know you're probably dealing with someone legit."

"The psychic I went to did the whole shebang with the crystal ball, the beads over the door and the incense burning."

Moffatt said a customer can tell if a psychic is fake if they start asking a lot of questions. "If they ask you to fill out a questionnaire when you first get there, that's another sign. Computers have made being psychic really easy."

Conestoga is No. 1 again

For the eighth straight year, Conestoga College has been ranked the best public college in Ontario.

Composite results from two independent surveys gave Conestoga an overall percentage of 88.9. The surveys measure graduate employment, graduate satisfaction, employer satisfaction and student satisfaction.

Niagara College and Fanshawe College in London were ranked second and third, with scores of 88.4 and 87.7 respectively.

"I'm amazed that it has been eight years in a row," Conestoga president John Tibbits said. "My sense is that the good ranking does a lot for employee morale. Management, support staff and faculty take pride in it. Plus it helps students in their decision to come here. I've had a number of students say that they came (to this college) because we are the top-ranked college."

Tibbits said a major strength of the college is the number of good program advisory committees (PACs) the school boasts.

"We have very active PACs. Ours are among the best," he said.

In addition, Conestoga also has a higher percentage of full-time faculty than most other colleges, but Tibbits said the

asset that assists Conestoga the most is the amount of support it receives from the community.

"We get great support from industry in this community and that's huge," he said. "That's really what sets us apart from other colleges."

One part of the survey was based on student satisfaction of the college. Conestoga received a percentage of just 83.7 in this category, almost three percentage points behind the front-runner, Niagara.

According to Tibbits, Conestoga is trying to do many things to improve student satisfaction. "I think there are things we can do better and hopefully the Student Centre and the focus on better services for students will help," he said.

"We are going to be investing more in the co-op and career services, which involves helping students find jobs, and giving them better advice to make decisions about what kind of careers they want."

Conestoga did, however, receive the highest score in graduate employment for the second straight year, something Tibbits is very proud of.

"We have always thought job placement was the most important statistic, so the last three or four years we have been up around 93 or 94 per cent." This year the college received 93.7 in that area.

In the future, Tibbits said the only thing Conestoga can do is try to improve.

"I'm sure Phil Mickelson (a professional golfer) wanted to win the Masters, but he couldn't guarantee it. However, he could guarantee that he could improve his putting and work on his driving. The only promise this college can make is that we will work hard to make it a better college," Tibbits said.

"We get great support from industry in this community and that's huge. That's really what sets us apart from other colleges."

*John Tibbits,
college president*



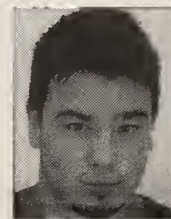
What makes a boy a man?

Over the weekend I finally watched the movie 40 Year Old Virgin.

I found myself questioning the age at which a boy considers himself a man.

Eighteen is considered the age of consent, and teenagers have the right to vote, but there is still something missing. So, I thought maybe 19 because then a man can drink. Or maybe 21 because you can then drink all over the world. But the more I thought about it, this theory became flawed because it is rare, that men or women for that matter, wait until the age of consent to drink anyways. It had to be something that was exclusively male.

As I was watching the movie, I realized that in popular culture the ritual for manhood has become the first sexual encounter with a woman. The movie portrays a 40-year-old man/boy who has never had sex. What is interesting is that this man is portrayed as a boy. He is working at a record store, which is typically a student job, rather than a man's career. He rides his



Nick
Casselli

Opinion

bike to work, rather than a manly sports car or truck. Most interestingly, the lead character collects action figures. His entire apartment is lined with collectables that have never left the packages: his prize possessions. The character is in contrast to Western society's hegemonic male, that has a powerful career, drives a sports car and has a house filled with children, not action figures.

The character in this movie slowly moves from being a boy to a man as he meets a woman. He begins to sell off his toys and purchase the ready-made family. His new girlfriend has already had kids of her own, so not only does he become a man in the sexual sense, but all the other ways defined by society.

While I think that the sexual rit-

ual that initiates a boy into a man is a myth, I do think that many young boys buy into this sexual definition of manhood. I was a teen once and my friends often talked about how far they had gone with a girl. The alpha male of the group was always the one who had gone the furthest. No boy wants to be the last one in the group to lose his virginity. As a result, boys tend to lie about how far they have gone with girls in order to be accepted.

Ultimately, manhood is tied to responsibility. But, if that is the case, why do so many young people today have sex, since few are ready for the responsibility that often comes as a result. I suggest that an individual must define manhood in his own terms. For some it may be their first time they get a serious job, or when they get married, or maybe it's when they have children. There is no set age or ritual, at least not in Western culture.

But, one thing is for sure, just having sex doesn't make you a man.

Letters are welcome



Spoke welcomes letters to the editor. Letters should be signed and include the name and telephone number of the writer. Writers will be contacted for verification.

No unsigned letters will be published. Letters should be no longer than 500 words.

Spoke reserves the right to edit any letter for publication.

Address correspondence to:
The Editor, Spoke, 299 Doon Valley Dr.,
Room 4B14, Kitchener, Ont.,
N2G 4M4

Spoke

is published and produced weekly by the journalism students of Conestoga College

Faculty Supervisor and Adviser: Christina Jonas

Spoke's address is 299 Doon Valley Dr., Room 4B14, Kitchener, Ontario, N2G 4M4.

Phone: 748-5220, ext. 3691, 3692, 3693, 3694 **Fax:** 748-3534

E-mail: spoke@conestogac.on.ca

Website: www.conestogac.on.ca/spoke

The views and opinions expressed in this newspaper do not necessarily reflect the views of Conestoga College. Spoke shall not be liable for any damages arising out of errors in advertising beyond the amount paid for the space. Letters to the editor are subject to acceptance or rejection and should be clearly written or typed; a MS Word file would be helpful. Letters must not contain any libellous statements.

Stay active to stay healthy

By TIFFANY MCCORMICK

With the warmer weather approaching and beach season on the horizon, physical appearance begins to become more important as the thoughts of bikinis and bare chests fill men's and women's minds.

It shouldn't only be physical appearance that has people running to the gym or starting workout routines, active living in general is a key factor to both a good body and a healthy one.

On the human health and services website, which is part of the Centres for Disease Control and Prevention, it says regular physical activity substantially reduces the risk of dying of coronary heart disease. It decreases the risk of stroke, colon cancer, diabetes and high blood pressure and helps to control weight. It also contributes to healthy bones, muscles and joints. It helps to relieve pain of arthritis, reduces symptoms of anxiety and depression and is associated with fewer hospitalizations, physician visits and medications.

Bruce Schofield, fitness manager of the Family Fitness Health and Wellness Centre in Kitchener, said physical activity is important to stay healthy.

He outlined five things he learned at a conference to help maintain one's health: sleep eight hours a night, drink eight glasses of water a day, maintain breathing, eat properly and be active.

He said right now the big buzz



(Photo by Tiffany McCormick)

Conestoga student Tim Baunan works out five days a week, mixing cardio and weights.

words in the fitness industry are "exercise, nutrition and don't smoke."

Chris Spotswood, owner of Absolute Fitness and Personal Training in Waterloo, said her gym is seeing an increase in customers with the busiest times being September, January and when "people think they might need to put a suit on," she said.

Physical activity is very important for people, she added.

"It helps with aging, reduces the risk of disease and helps with stress

management."

Colleen Holmes, services and fitness technician for athletics at Conestoga's rec centre, said fitness is everything. "Fitness is the key to healthy living," the instructor for police, paramedic, firefighter and LASA programs said.

She said the minimum a person should work out is three times a week while the maximum is six days a week. "The balance between muscle and cardio is essential to health," she said.

Chris Schumilas, a first-year mechanical technician student, said he works out to be healthy.

"I find if I keep it up I feel better," he said.

Tim Baunan said physical activity is absolutely necessary to being healthy.

"If you stay healthy you live longer," the third-year mechanical engineering technology design and analysis student said.

Duane Shadd, a liberal studies faculty member, also teaches fitness for law and security, paramedic and firefighter students.

He said physical activity is very important for the quality of life.

"Maintaining fitness is crucial," he said, adding that our bodies are made for motion and he personally wants to maintain his individual ability to be mobile.

He said people who want to become physically fit should begin at a low level and build up to the level when they can maintain a heart rate for about 30 minutes of activity.

Lots to do this summer without travelling

By MEGHAN KRELLER

Warmer weather is upon us and it is time to get out and about. During the next four months outdoor activities are available in Waterloo Region and its surrounding areas, showcasing all they have to offer.

Rather than spending money to travel far, there is a lot of outdoor fun available close to home.

Dave Shultz, communications co-ordinator for the Grand River Conservation Authority (GRCA), says it only makes sense to take advantage of what you have in your own back yard.

"We've got some of the best fishing, the best canoeing and hiking and some of the most spectacular geographic elements in Ontario," Shultz said. "Why travel if you are already getting the best? You can get that feeling that you are in the middle of nowhere without actually going very far."

The GRCA is responsible for 12 parks, spanning from Dufferin County all the way down to just above Lake Erie. Eight of the 12 provide camping and 11 provide swimming. All 12 of the parks have hiking trails and bike trails and some of the parks offer special activities.

Tubing down the Elora Gorge is one of the GRCA's unique ways to explore nature in Wellington County. Tubing is available during weekends in May and June and daily in July and August between 9 a.m. and 7 p.m. A complete package costs \$18 plus a \$2 registration fee and a \$75 deposit on equipment.

Another way to see the area from

a different angle is to rent a canoe or kayak and travel down the Grand River. Canoeing the Grand, based on King Street East in Kitchener, will open its doors for its 15th year on April 29. Canoes and kayaks along with lifejackets, paddles and a shuttle service can be provided for custom day trips ranging anywhere from two to 10 hours. Prices vary according to the length of the trip and the number of people participating.

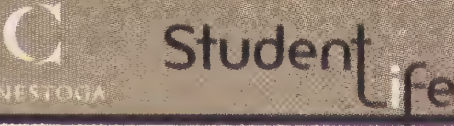
From the water to the sky; want a bird's eye view of St Jacobs, Stratford or Erin Village? For a pricier getaway Windrider offers one-hour hot air balloon rides in all three areas. Rides range from \$240 to \$475 per person.

Shopping is always a way to spend a day but rather than walk the mall why not go out to one of the historic farmer's markets located in Kitchener and just outside of Waterloo.

Kitchener is home to one of the oldest consistently operated markets in Canada. Your Kitchener Market, located on King Street, has been both a local and tourist attraction for more than 130 years. Vendors and market shops are open Tuesday through Friday, 10 a.m. to 6 p.m. and Saturday, 7 a.m. to 4 p.m.

Not too far away is St. Jacobs Farmers' Market, home to more than 600 vendors in the warmer months. Indoor and outdoor vendors are open Thursdays and Saturdays, 7 a.m. to 3:30 p.m., and Tuesdays from 8 a.m. to 3 p.m. starting June 20.

It isn't always necessary to travel far to find activities for the summer months; just take a look at what's around.



CONESTOGA Student Life inspire. inform. involve.

APPLY TO BE AN ORIENTATION LEADER!

great people...leadership experience... free t-shirt & sweatshirt...fun & dynamic leadership training...certificate of contribution...plus a whole lot of fun!

Approximately 40 positions available ~
...we need lots of enthusiastic leaders!

Applications are available from your Student Life Coordinator
Leanne in 1C29
or
online at CONNEX
(<http://www.conestogac.on.ca/jsp/stserv/connex/index.html>)

BE PART OF OUR NEW & EXCITING
STUDENT LIFE PROGRAM!
APPLY TODAY!



(Photo by Adam Black)

Best of the best

Conestoga College's athletes of the year were announced at the 38th annual athletic awards banquet. Joel Hussey of the men's rugby team and Katrina Olivares of the badminton team picked up the honours. Other awards handed out included team MVPs and coaches' awards. In addition, athletic scholarships were presented to one member of each varsity team.

Bettye and Buddy rock the house

By LEE REGISTER

When 70-year-old blues guitar legend Buddy Guy walked on stage at Centre in the Square he got a standing ovation and he hadn't played a lick yet. Such is the respect his lifetime of achievements in music have garnered from his fans.

He has won more W.C. Handy Blues awards than any other blues artist and has sold almost two million records in the past five years. Not too shabby for someone technically in his retirement years.

His work with blues harpist Junior Wells was immortalized in the comedy movie *The Blues Brothers* starring John Belushi and Dan Ackroyd.

Ticket-holders for the March 25 date were anticipating a fabulous evening with the blues man who started playing in Louisiana in the '50s and is still setting records today. But they did not expect to get the bonus plan: an opening act that wasn't on the program and introduced the audience to another blues legend — Bettye Lavette.

This 60-year-old dynamo delighted the audience with her powerful vocals in her opening song, *He Made a Woman out of Me*. She hardly needed a microphone and

her intense style electrified the packed house. The petite, slim woman had the audience wrapped around her finger by the second song: a slow, soulful rendition of *Walkin' Out That Door*.

Both songs were from her new CD titled *I've Got My Own Hell to Raise*. All the songs on it are written by women, including Dolly Parton's heart-wrenching ballad, *Sparrow*. Lavette amazed the audience by folding her lithe body into a seated yoga position on the stage while singing.

She proudly announced that her album, *A Woman Like Me*, won the prestigious W. C. Handy Blues award Best Comeback Album of the Year in 2004. Not bad for someone who's been in the business 45 years and still touring the globe, packing halls everywhere.

People in the audience were yelling out encouragement, shouting "I love you" by the time she belted out *Don't You Dare Stop Me Now*, a song about a determined woman who's going to go her own way.

Lavette's performance was so raw and emotional; you practically needed a therapist after listening to her. By the end of her set, she got a standing ovation after making the audience almost forget who they

had come to see.

The Dan Wright Blues Band from Chicago brought Buddy Guy onto the stage, carrying a black guitar covered with big, white polka dots. He wasted no time getting down to business after acknowledging the standing ovation with his trademark ear-splitting grin.

As you listened, you were reminded why this is the man so many blues guitarists today were influenced by, including Eric Clapton.

While playing *Goin' Down*, he invited the audience to join in, and then showcased his sax player in the middle of the song, culminating in a frenetic battle of guitar and sax.

Hootchie Koochie Man brought loud approval from the mostly middle-aged and up audience.

Guy must certainly have the most suggestive and lascivious humming ever performed publicly and combined with the knowing winks and brow wiggling, he had the audience laughing along at his antics.

"Maybe I should move up here," he said, and was almost drowned out immediately with screams of approval from the fans.

Guy told the audience that back in 1967 he was on a two-week vacation in Canada and we made him feel so welcome it kept him motivated dur-

ing a low point in his career.

He also played *I Got Dreams* from his latest CD, *Bring 'Em In*. He also has two other releases in 2005, *Damn Right, I've Got the Blues* and a two-disc set, *Buddy Guy and Junior Wells Play the Blues*.

Guy got interactive with the audience when he left the stage and played up and down the aisles, left the auditorium and returned through the other side and played back up onto the stage.

"The blues went to England," he said, giving the audience an impromptu history lesson in blues. "And they called it the British Invasion, until they corrected themselves and said yah; they got it from over here."

They probably got quite a bit of it from Guy, who has more than 50 albums to his credit.

The blues man gave a random sampling of his talent, playing with his teeth, behind his back, with drumsticks on the strings and kept up a running commentary on where and with whom he has performed over the years, such as Little Willie John and Junior Wells.

He saved the best for last when he turned to the side curtains and asked, "You feelin' all right? You wanna come out and play?"

To the delight and amazement of the audience, local blues legend, Kitchener's very own Mel Brown, was brought out on stage in a wheelchair with an oxygen tank. Guy handed him his guitar; fetched another polka-dotted guitar and they performed a duet. The thrilled audience rose up in a screaming, clapping and cheering mass.

Brown has been a fixture on the local scene for almost 20 years, hailing from Texas when blues promoter Glen Smith brought him up to play at the now-defunct blues club Pop the Gator on Queen Street in Kitchener. The locals made him feel so welcome; he and his songbird wife Angel decided to stay.

Brown finished the tune and was wheeled off-stage, but returned moments later with a walker, seated himself in a regular chair and continued to play.

"Play it so funky, they can smell it," Guy told him as the audience yelled and clapped to show affection for this local icon.

After joining in again with some energetic dueling, Guy told Brown to never stop playing.

"There's only three of us left, man; you, me and B.B. (King)," said Guy. If volume is any indicator, the audience agreed.

Bench Warmers gives nerds a bad name

By ADAM BLACK

If you like dumb humour, a plot that really doesn't require you to think and sub-par acting, you still won't find the movie *Bench Warmer's* too entertaining.

The story is based on three geeks: the leader of the group, Gus, played by Rob Schneider (*Deuce Bigalow*), the creepy Richie, played by David Spade (*Tommy Boy*) and the just disgusting Clark, played by Jon Heder (*Napoleon Dynamite*). Overshadowed by bullies all their life, they decide to fight back after a young boy is humiliated by a bully-infested baseball team.

How do they fight back? By playing the kids in a baseball game. While Richie and Clark are obviously klutzes, Gus is pretty good. So good, in fact, it draws the attention of a billionaire named Mel, played by John Lovitz (*Rat Race*), who was a nerd himself growing up. He decides to help fund the baseball trio.

He also comes up with the brilliant scheme to make a baseball tournament in which the winner will win a new baseball stadium. But, the tournament is for kids, and somehow the three geeks are allowed to play as their own team.

You would think a plot like this would be the major turnoff of the movie, but it's the acting and recycled comedy style you see in Billy Madison and Happy Gilmore (Adam Sandler produced the movie, and it's very evident), which ruined it.

Having Schneider as a lead character really didn't work. Trying to make him as the serious member



and leader of the group made his acting style come off as cheesy. I could not take him seriously throughout the entire movie. He should just stick to his supporting roles in Sandler's movies.

Heder's character Clark also bothered me. He did a superb job playing the geek Napoleon Dynamite, and any fan of that movie will be greatly disappointed with the role he received in this one. He's a nose-picking, bug-loving, idiot of a paperboy who still lives with his mom. Watching Heder play this part almost brought tears to my eyes, because he can play the role of a nerd so much better than this as we have seen in his previous work.

There were some brief, funny moments where I did laugh, like when Clark tries to get Gus's attention by throwing a rock at him while he's mowing a lawn. The rock gets run over by the lawnmower and flies back and hits Richie in the crotch. But these moments are few and far between and not a good enough reason for moviegoers to spend their money or waste their time on this bomb of a movie.

So, if you were thinking *Bench Warmers* would be good for a laugh, do yourself a favour and save your money.

We're on the move ...

Peer Services (peer tutoring, peer supported learning groups, peer conversation partners) **and Learning and Study Skills is moving to our temporary location, 1B36** (at the back of the Sanctuary) **on May 3.**

In September we are adopting a new name, "The Learning Commons" and will be opening a new service called, "The Writing Clinic". The Learning Commons will be operating out of 1B36 until the we move into our permanent home in Conestoga's new Student Centre.

NEW FOR FALL 2006:

THE LEARNING COMMONS

FEATURING:

THE WRITING CLINIC

providing supports to all students who want to improve their writing.

Check out The Learning Commons in September 2006 in 1B36, featuring: Peer Services, Learning and Study Skills and The Writing Clinic.

Belles of boxing

More women taking up the sport, enjoying the competition and athleticism

By LEE ROGISTER

Boxing is for guys, right? Not any more. Over the past 10 years, more and more women are becoming interested in a sport that used to have room for them at ringside only.

One of the biggest factors influencing women to join the sport is more media coverage on television and in sports magazines.

The World Boxing Council lists 135 female contenders last year from around the globe for 13 different categories of fighters, from strawweight to heavyweight categories. The first and current WBC female champion is Jackie Nava from Mexico. She won the title in May 2005, the first year the title was created, and defended it in January this year. Nava competes in the super bantamweight category, which means she weighs between 122 and 155 lbs.

One of the most influential persons in the world of women's boxing is the daughter of Muhammad Ali, Laili Ali. According to her website, Ali started pro boxing in October 1999, and has since become an icon for the sport of women's professional boxing. She now has become a Triple Super Heavyweight champion, and won the women's Light Heavyweight World Boxing title in June last year.

Her biography *Reach: Finding Strength, Spirit and Personal Power*, published in 2003 by Hyperion, has influenced many young women to become involved in what used to be a male dominated sport.

The Waterloo Regional Boxing Academy, formerly known as the Waterloo Regional Police Association Boxing Club, used to operate out of Division One on Frederick Street in Kitchener. It now is located at 1253 King St. E., in Kitchener, in a building near the corner of King and Ottawa streets above a kick-boxing and martial arts academy.

Women's participation is also increasing at this local club. I visited it recently, and found seven women sweating it out in a room full of men. With classic '70s rock blaring in the background and fluorescent lighting hanging from the ceiling, this was definitely a no-frills kind of club.

Posters of the founder and head coach, Staff Sgt. Jerome "Hook" McComb and his early protégées, including Arnie Boehm and Rick Cadilha, decorate the walls. Boehm took over as coach in '81, training local boxing champions such as the Vanderpool brothers, (Syd, Fitz and Keith) and Lennox Lewis. It was Arnie who coached Lewis to his World Heavyweight Champion title.

Boehm was not impressed with women trying to enter the boxing ring, and was pretty hard on local women who persisted in joining the club. One such woman, Donna Mancuso, made it to the world nationals, then internationals and then turned pro. She retired from boxing after she won the lightweight



Mandy Bujold warms up prior to sparring by shadowboxing (left), which builds endurance and practises moves. Above, she does stomach crunches. Mandy is one of many female members of the Waterloo Regional Boxing Academy on King Street in Kitchener.

(Photos by Lee Rogister)

title and had to make a choice between the police department and the world of boxing. Mancuso won the grudging respect of Boehm, and now volunteers at the club with Const. Sandra Dearden, another female officer who became involved two years ago.

Dearden has been with the local police force six years. She feels the boxing club gives kids in trouble with the law a place to blow off steam and focus their energy in a positive way. Her participation helps them develop more respect for women as well.

"I develop relationships with them, because I know them, and I can work with other officers and these kids if problems come up," she said.

Cadilha, now the lead coach, is a short, stocky, solidly built man with dark hair worn in a military brush cut. He loudly booms instructions to the members as he directs the flow of traffic in the club. He started boxing when he was 12 years old, and has been involved with this club for 30 years. His decision to become an OPP officer was influenced by McComb and other officers who were involved with the club earlier on.

"A lot of these kids are street kids, a lot of them come from broken homes," he says. "This gives them a safe place to be to channel their energy."

Cadilha put the women through their paces, first running laps, and then doing sets with the punching bags, skipping, step aerobics, shadow boxing, push-ups, abdomen curls and sparring.

The women, now red-faced, make whistling noises as they jab and swing and dance in the ring, while the coach yells instructions: "No hugging!" and "Faster!" and "No touching!"

One of the women, still sweating from her sparring workout, said that reading Laili Ali's biography is what got her interested in boxing two years ago.

"It taught me how to work hard

and get positive results," said 16-year-old Whitney Pedican.

"Guys are more interested when you tell them you box."

Pedican said her self-confidence has been boosted by her participation in boxing.

Amy Kerr, a 17-year-old Preston High School student, said once she watched women's boxing during the Olympics, she quit the competitive swimming that she was involved in for eight years and has been working out here for the past four months.

"I always feel better after a workout," said the slender teen, mopping sweat from her face as her mother looked on, smiling.

"Not many girls can beat the crap out of other people," she said, giggling, adding that boxing has helped her to fight chronic depression. In addition to mountain bike racing and drama club activities, Kerr hopes to participate in upcoming Boxing Ontario competitions.

"I'm just very competitive, I guess, and I always feel so good after a workout," she said.

Natasha Spence, 21, has been a member for seven months and has always enjoyed watching boxing on television. She decided that this was something girls could do too, and feels comfortable at the club because other girls are there working out beside her.

Mandy Bujold, an 18-year-old Conestoga College student who has been training at the club for two years, made the Ontario team and then the national team, winning the Junior Canadian Championship title in January 2006 at the competition in St. Hyacinthe, Que.

A petite woman, with long, curly brown hair and a quick smile, she competed in the 50 kg. weight class, which is 110 lbs.

There was always a boxing bag in the family basement and after her older brother quit boxing and went off to work, Bujold took up the sport. Her short-term goal is to be ringside at the World

Championship bout in Kansas City, Mo., this coming August.

"Travelling to these competitions is expensive," explains Bujold, "and I do my own fundraising, such as car washes."

She was one of five women chosen to benefit from the new provincial lottery called Quest for Gold, which sponsors amateur athletes, including 10 men. "You must be in school and you have to have good boxing records to be nominated," said Bujold.

Currently in her first year of the general business program, Bujold said she feels it is a good plan to have a business background if she is going to pursue professional sports.

Although she is pleasant and bubbly, her demeanour changes when she is in the ring sparring with two other women. Her focus is intense and complete, and she doesn't back away from larger opponents.

With only 10 fights under her belt, she is planning to make the senior team and then, the Olympic team in 2012. The International Olympics Committee is scheduled to vote in July on whether or not to add women's boxing. IOC rules require the sport to be sanctioned by 75 per cent of the Olympic countries. Women's boxing now has 113 countries, but it will need 119 to be included in the 2008 games in Beijing.

Bujold has become involved in a pilot project called Box-On!, teaming up Boxing Ontario with local school boards. Currently offered through schools in Toronto, Mississauga, Windsor and Sudbury, volunteers must take a training program to become an instructor.

"The idea is to get people to know what boxing is, how safe it is and to have fun with it," she said.

According to the Boxing Ontario website, Box-On! is a youth fitness program designed to complement other sports programs using boxing techniques in a non-contact routine. The program is available to schools as well as community cen-

tres and youth clubs geared to people aged eight to 18.

When asked if being a champion boxer had any influence on her relationship with men, Bujold laughed and said, "Yeah, they treat you with more respect. They are usually pretty surprised."

Jason Douglas has been boxing since he was 12. Standing at 6-foot-1, bald and covered with tattoos, he doesn't look like the type of guy you'd want to get mad at you. He says there are a lot more women boxers now than when he started at the club, back when Boehm was still coaching. Douglas also credits Laila Ali with influencing the sport and women's boxing competitions being showcased more often on television and in movies.

"A lot of women are tougher than the guys," he said.

At another local boxing club across town, former club member Fitzroy Vanderpool was pleased to see one of his trainees win the Canadian Featherweight Cadet C Boxing Championship belt earlier this month at the Canadian Nationals in Sarnia, held April 7 to 9.

Jessamine-Hunsdale-Loh has been training with Vanderpool at The Whip Boxing Academy on Charles Street in the old Lang tanning factory in downtown Kitchener for the past two years and her persistence has paid off. She dominated Melissa Susins of Nova Scotia in an unusual match, not because they were women, but because they were both southpaws (left-handed).

Hunsdale-Loh was also awarded Canadian National Championship Outstanding Female Boxer of the tournament.

For more information about the Waterloo Regional Boxing Academy call (519) 575-9006. Or contact Const. Sandra Dearden, Waterloo Regional Police Services Headquarters, (519) 653-7700.

For more information about the Box-On! program, contact Deide Konney at (416) 426-7057 or online at dkonney@boxingontario.com.

Head-to-head: Will the Jays soar?

They still don't have what it takes

Toronto is the team to beat in East

I have been a Toronto sports fan for many years. I cheer for both the Maple Leafs and the Blue Jays.

Every hockey season, we hear Leaf fans, and I'm one of them to an extent, proclaim, "This is the year the Leafs are going to win the Stanley Cup," and it doesn't happen.

With the acquisition of a few players over the off-season, suddenly Toronto sports fans have adopted the same attitude with their beloved Jays. "Oh, this is the year we are going to knock off the New York Yankees and Boston Red Sox," they say.

Well, I refuse to get on the optimism bandwagon this year with the Jays.

In my opinion, there are three things that will prevent Toronto from making the playoffs.

The first is the mistake Blue Jays fans are making by thinking the new players are enough to bring the playoffs to Toronto.

Let's start with the "saviour" at third base, Troy Glaus. Fans and management have placed pretty high expectations on a guy whose career batting average barely breaks the .250 mark, and who has only hit better than .270 once in his career.

A.J. Burnett was signed in the off-season to help bolster a young starting rotation. Does he have potential to be a great pitcher some day? Sure, but I also have the potential to become the next Pete Sampras in tennis: doesn't mean it's going to happen.

I don't understand why fans in Toronto think having Burnett behind staff ace Roy Halladay will suddenly make Toronto a contender. Nor do I understand why the Jays are paying him \$55 million over the next five years. Burnett has lost more games in his career than he has won (49 wins, 50 losses). He has also had injury problems, and has had Tommy John surgery on his elbow, to repair and replace ligaments.

Another major obstacle which will block the Jays' way into the playoffs is the level of competition in their division. The Jays will have to beat either the New York Yankees or



Tim
Gedcke

Opinion

Boston Red Sox to have a chance at a playoff spot.

New York will always be a threat to make the playoffs. This year, although their overall pitching may not be as formidable as it has been in years past, they boast one of the best offenses in the league. Top to bottom, they can flat out hit.

Boston will be tough to beat as well.

They have Manny Ramirez and David Ortiz in the middle of their lineup; enough said. Factor in Josh Beckett, Curt Shilling and Matt Clement in the starting rotation, and we have a Red Sox team that is almost as talented as the one which won the World Series in 2004.

The third obstacle is an internal problem: their middle infield. Toronto has not had a premier middle infielder since Roberto Alomar left in the mid-1990s (with the possible exception of Orlando Hudson, who was traded to the Arizona Diamondbacks).

Russ Adams and Aaron Hill, the men the Jays are counting on to turn their double plays, have played in well under 300 career games combined.

Have they done horrible in their stints in the majors? No, but they have done nothing to prove they can handle being the everyday players for an entire season.

The Jays have many fans thinking they can make the playoffs this year. Well, have fun believing in the team that has to play the Yanks and the Red Sox almost 20 times each. I won't be joining you on the blue birds' bandwagon.

Prediction: finish 86-76, miss playoffs (again).

Spring is here and that means one thing, baseball is back.

For the first time in over a decade fans of the Toronto Blue Jays can actually root, root, root for the home team.

I was recently at the season opener at the Rogers Centre and there was a buzz around this team for the first time in years. The Jays even took precedence over the beloved Maple Leafs.

The off-season was quite prosperous for Blue Jay general manager J.P. Ricciardi. With the extra money given to bring in the much-needed weapons to compete in a tough American League East division, Ricciardi was ready to launch his master plan.

The Blue Jays have been missing the power needed to tangle with the likes of the Boston Red Sox and New York Yankees. After the departure of Carlos Delgado to the Florida Marlins, the team was left without a power guy to drive in runs.

Well, look no further than the 2006 edition of the Toronto Blue Jays to see a team stacked with power and great expectations. Troy Glaus and Lyle Overbay both coming to Toronto via trades showed fans that the team is ready to compete in baseball's toughest division.

The Jays also signed Bengie Molina, a free agent from the Los Angeles Angels, and with backup Gregg Zaun, the Blue Jays have one of the best one-two catcher combos in the majors.

Let's not forget about the pitching staff either. With the addition of A.J. Burnett from the Marlins and closer B.J. Ryan, formerly of the Baltimore Orioles, this makes the Jays an instant contender for the AL Wild Card spot if not the East division crown that the Yankees currently hold.

For the Jays to make the playoffs or even seriously consider the postseason they need the newcomers on this team to live up to expectations and show that they are worth the \$107 million the team shelled out for them.

Secondly, the rest of the squad must play up to the potential that Ricciardi expects out of his young team. They need to accept their new roles



Todd
Rellinger

Opinion

and positions so the new guys are made to feel welcome and can perform up to their potential.

The third reason this could be a breakout year for the Jays is the Rogers Centre itself. With Overbay leading the major leagues with 53 doubles in '04, he should cat up the Rogers Centre that is made for gap hitters. And, he's hitting in front of Glaus, who hit 37 home runs, second among third basemen in the National League last year.

But let's not forget about the current Jays who remain after all the trades and signings.

Expect RH pitcher Roy Halladay and lefty Gustavo Chacin to be the backbone of the rotation, while Ted Lilly and Josh Towers will need to prove that they can win big games for this squad and keep them in the hunt for a wild card spot throughout the season.

Who could forget about Gold Glove winner Vernon Wells or 2002 rookie of the year Eric Hinske? With Reed Johnson, Frank Catalanotto and Alex Rios all fighting for outfielders jobs, it will just make for a more competitive and productive year for a team that isn't lacking any depth in the field.

This will mark a breakout year for the Jays' middle infielders as well. The duo of Russ Adams and Aaron Hill will both bring a solid bat to the lineup, but their defence will be something that might be questioned all season long.

The Jays did extremely well against teams like Boston and New York last year. Their problem was beating those below .500. So, if they can master that, I predict they have a chance at an 94-68 (win-lose) record and a first round matchup with the Oakland Athletics in the playoffs.



www.census2006.ca

www.recensement2006.ca

CENSUS · RECENSEMENT

EVERYONE COUNTS IN THE 2006 CENSUS!

On Tuesday, May 16, more than 32.5 million people in 12.7 million households across Canada will "count themselves in" as part of the 2006 Census.

A census is an invaluable decision-making tool. In Canada, governments at all levels use census data to make policy decisions regarding our economic and social programs.

Business, industry, municipalities, associations and institutions depend on census data as a valuable decision-making tool. Census data are also used to: develop programs such as day care and subsidized housing; assess the need for community programs and services; select sites for schools and for planning public transportation; support research by the media and academics; and plan important public services including health care, fire and police protection, employment and training programs.

The confidentiality of every census form is protected by law. This means that only Statistics Canada employees who have taken an oath of secrecy and who work directly with census data will see the completed questionnaires.

The 2006 Census and the Internet

For this census, households across the country can choose the convenience of completing their census questionnaire online. It is an easy, secure and convenient option that can be used anywhere, anytime. The latest technologies have been used to ensure that Statistics Canada's strict security and confidentiality requirements are met without imposing any pre-registration or lengthy download processes for the Census Internet application.

For more information...

Please visit the Census Web site at www.census2006.ca.

On Tuesday, May 16, continue a Canadian tradition and "count yourself in!"



(Photo by Tim Gedcke)

Mats Sundin of the Toronto Maple Leafs fires a shot on goal as he and Tomas Kaberle practise their power play formation prior to the Leafs' matchup with the Ottawa Senators on April 15. The practise paid off as the Leafs scored three power play goals en route to a 5-1. However, their playoff hopes were ended by Tampa Bay after they picked up two points against the Carolina Hurricanes.

NEW PHOTOCOPY SYSTEM

Conestoga Students Inc. have provided brand new copiers for student printing.

For students wanting to use the new copiers please visit the CSI STAFF office inside the SANCTUARY and purchase your print credits on your student card.

The new copiers use a swipe card payment system. Buy credits on your student ID and print away!

CONESTOGA
STUDENTS INC

Conestoga Students Inc. SUMMER HOURS

Due to the construction of the NEW Student Centre and the subsequent moving of offices the self serve area will be closed for the summer.

(STARTING APRIL 30TH)

MOST of your self serve needs can be offered to you at the CSI staff office. The CSI staff office will be located inside the SANCTUARY for the remainder of the summer.



answers



information



questions

CSI STAFF OFFICE
Monday to Thursday 9AM - 4PM
Friday 9AM - 2PM

STUDENT CENTRE CONESTOGA

If you have any questions regarding the Student Centre or you are interested in seeing photos please stop by the CSI Staff Office located inside the Sanctuary.



CONESTOGA STUDENTS INC. 2006-2007 DAY PLANNER

CONESTOGA
STUDENTS INC

**IF YOU ARE INTERESTED IN
ADVERTISING IN THE CSI
STUDENT DAY PLANNER
FOR THE 2006-2007 YEAR
PLEASE CONTACT**

**Conestoga Students Inc.
299 Doon Valley Drive
Kitchener, Ontario
N2G 4M4
519-748-5131**

listen@conestogac.on.ca